Foundations – Fundamental concepts, principles, and skills

DMSAFD.1 Identifies and demonstrates movement elements, skills, and terminology in dance
   a. Participates in dance technique based warm-up exercises that hone dance skills of one or more specific dance genres
   b. Compares terminology of various dance styles, and recognizes underlying similarities and differences in use of energy, space, and time
   c. Demonstrates projection, focus, control, strength and coordination and connectivity (e.g., within body, body to space) in performing a combination of locomotor and axial movements
   d. Demonstrates increased ability and skill to sustain longer and more complex movement sequences with focus, projection, smooth transitions and artistry
   e. Refines and corrects movements and movement executions based on constructive feedback (e.g., intrinsic, oral and written corrections, video)

DMSAFD.2 Understands and models dance etiquette as a classroom participant, performer, and observer
   a. Demonstrates attentiveness, focus, concentration, initiative, and self-discipline when participating in the dance learning environment
   b. Demonstrates concentration, focus, and respects the focus of others in the performance of skills
   c. Exhibits self-initiative in modeling appropriate behaviors and skills as an audience member and dance observer

DMSAFD.3 Recognizes concepts of anatomy and kinesiology in movement
   a. Identifies common dance injuries and identifies exercises to target muscular imbalances
   b. Identifies and applies dance science principles to improve strength, endurance, and flexibility
   c. Recognizes the principles of a safe, progressive, sequential order of exercises in a dance technique class
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DMSAFD.4 Understands and applies music concepts to dance
   a. Applies musical forms (e.g., ABA, fugue, canon) to dance
   b. Analyzes different rhythm structures from a variety of music idioms and cultures and applies to appropriate dance styles
   c. Demonstrates a basic understanding of musicality
   d. Demonstrates musicality while performing and creating dance phrase

Creating – Expression of ideas, experiences, feelings, and images

DMSACR.1 Demonstrates an understanding of creative and choreographic principles, processes, and structures
   a. Demonstrates partner skills in a visually interesting way through exploration of weight and force (e.g., contact improvisation)
   b. Applies dance technique principles to the choreographic context
   c. Develops versatility through experimentation with various movement approaches
   d. Demonstrates and recognizes a variety of structures, forms, and designs (e.g., AB, ABA, Canon, Call-Response, Narrative, Contrasting/Complimentary Shapes, Symmetry)

DMSACR.2 Demonstrates an understanding of dance as a way to create and communicate meaning
   a. Explores abstract ideas through simple movement in individual and small group study
   b. Implements, with purpose, the use of props within the choreography
   c. Understands how theatrical elements such as costuming and lighting contribute to the meaning of the dance
   d. Demonstrates individuality of expression in performance

Response – Reflection, analysis, and evaluation

DMSARE.1 Demonstrates critical and creative thinking in all aspects of dance
   a. Critiques movement qualities and choreography using the elements of dance (e.g., spatial design, variety, contrast, clear structure)
   b. Observes and critiques dance performances using specified criteria and appropriate dance terminology
   c. Compares and contrasts multiple choreographed works
   d. Discusses the experience of performing a choreographed and improvised work
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e. Proposes ways to revise choreography according to established assessment criteria
f. Defends the similarities and differences between observing live and recorded dance performances
g. Engages in self-reflection as creator and performer
h. Engages in self-assessment as creator and performer

Connections – Exchanging and relating ideas, experiences, and meaning

DMSACO.1 Demonstrates and understands dance in various cultures and historical periods
   a. Critiques performances from at least two different folk and/or classical dances from various cultures including similarities and differences in steps and movement styles
   b. Performs two or more folk, social, and/or theatrical dancers from a broad spectrum of twentieth-century America
   c. Understands the role of dance in at least three different cultures or time periods and their influence on the modern world
   d. Uses a variety of community resources (e.g., people, books, videos) to share and teach about folk dances of different cultures or social dances of different time periods including the cultural/historical context of those dances

DMSACO.2 Demonstrates an understanding of dance as it relates to wellness
   a. Practices habits of health and nutrition to enhance dance ability
   b. Transfers an understanding of effective use of time-management, listening, problem-solving, and team work skills can be applied to activities in other group settings

DMSACO.3 Integrates the use of technology and new media
   a. Demonstrates skill in using media and technology to learn about dance as an art form
   b. Demonstrates an ability to use media and technology tools related to dance performance

DMSACO.4 Demonstrates and understands dance as it relates to other areas of knowledge
   a. Compares and contrasts dance to other art forms
   b. Explores commonalities of essential concepts shared between dance and other subject areas
   c. Identifies career possibilities in dance and dance related fields